The Times-Dispatch

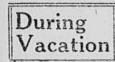
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Times-Dispatch

she knows how demoralizing present standards are month.

Phone Randolph 1.

Circulation Dept.

The Dust in Your Eye.

Yesterday you went to supper—or, if you are, fashionable, to dinner—with several grains of dust in your do to tee, a few people control the many who do not vote, a few people control the many who do not vote, a few people control the many who do not vote to make the many have no right to complain.

Richmond.

The first issue of the monthly municipal magazine to be issued by the Richmond Chamber of Commerce is just from the press. This morning begins the trial in Richmond of an experiment which has proved a success in other cities, and will prove a success here. The magazine, printed on calendered book paper, is bound with a cover which is a work of art. The contents tell of Richmond's advantages, the work done and the work to be done, and of the proposition of every one interested in the prop
who were the success in the complaint of the first in the prop
the Richmond Chamber of Commerce is just from the press. This morrange is permitted on calendered book paper, is bound with a cover which is a work of art. The contents tell of Richmond of and the work to be done, and of the proposition of every one interested in the prop
Thursday the primary election to the first in the prop
The Covington Dispatch declares that Mr. Words of praise for Murphy from the New York with the record of the many and its leaders.

Tammany and its leaders.

Speaking for the people of the west-mark to the Fenth Virginia District, the child standers.

Speaking for the people of the west-main and the first mark of the Tenth Virginia District, the child standers.

The Dust in Your Eye.

Yesterday you we can destroy monopoly the f ress of Richmond.

The charges are made by a respon- says so. sible person. The names of the accused are called. Either crimes have We leave it to you to make the applibeen committed or President Davison cation-and to keep the dust out of We now challenge the Citizen is a libeler. Thorough investigations your eye after you have once picked by the State Department of Labor it out. and by the Commonwealth's attorneys of the counties affected are in order. The matter cannot rest where home is not nearly so effective as the silent advice of a man's bank book.

The death of Justice Lurion gives

Audacity in Polities.

torial chair by Tammany, and elected times. to the New York Assembly by the faithful East Siders.

Billy has developed the most adamantine political nerve in sight. so to do, in the matter of the Pro-

No one ever doubted that Sulzer lifties. has more than his supply of effrontery; gail is the better word. But saving, otherwise the savor leaves

"Criminally Negligent."

United States is a wreck wreck was brought about by gross mismanagement, by dishonest manipulation, by stock speculation and gambling, by criminal negligence on the part of directors. Out of the wreck some men secured fortunes, while the stockholders lost their savings and passengers lost their lives. The directors, the commission declares, should be made civilly and criminally liable for the losses. The losers should make them disgorge;

the district attorneys should put the guilty in stripes.

This is but justice. What of the lesson? Just now the United States those who would prevent the passage of those bills? Is it strange that the country should place little faith in the objections of certain big busibus and York County show progress. ness interests and demand the pas-

sage of the bills? The wreck of a great railway system will not be without good results if it be followed by such punishment to the financial buccaneers as to serve as a terrible warning to others of their kidney, and by the passage of their kidney, and by the passage of legislation which will make forever The town of Kenbridge is on a boom,

directors of the New Haven were

Mrs. Oclrichs is not the only woman who knows how demoralizing present styles are, but she is one of the few

of every one interested in the prog- very close connection. The dust blows into your eye because there is your eye to receive it, the wind to

butter," as Street Superintendent per berated Virginia Senators. The Cohn, aptly styles it, depends upon the Senators, and challenges the Citieach of permits to children under working for the re-election of the ineach of permits to children under legal age. This is bribery pure and simple. It is a sale of the magisterial office. It is a crime against the State, against honesty, against who should be working to keep the the State, against honesty, against childhood. The severest penalty on the statute books is not too severe.

The State, against honesty, against who should be working to keep the dust out of your eye, is working to the statute books is not too severe.

The State against who should be working to keep the dust out of your eye, is working to the statute books is not too severe.

The State against who should be working to keep the dust out of your eye, is working to the statute books is not too severe.

The State against who should be working to keep the dust out of your eye, is working to the statute books is not too severe.

This little homily is now complete.

All the advice to take a vacation at

We All Need "Candy,"

John D. Rockefeller recently has the Senate irreconcilables another op-portunity to oppose President Wilson's been breaking his long-time canon by giving children on his estate 6 cents -one to spend for candy and the other five to save. When some one In the slang of the street, you asked him why he repealed his tenet "have to hand it to" Billy Sulzer, of "save your pennies," he replied thrown out of New York's guberna- that children must have candy some-

> So must other people, adults and poor men, Mr. Rockefeller and all gry men of predatory wealth.

That is, we need it figuratively. He is going to try to oppose T. R., If all work and no play makes Jack or at least has signified willingness so to do, in the matter of the Proso to do, in the matter of the Progressive nomination for Governor of New York.

Spending bring gray hairs, unpopulation before larity and an arid imagination before world. a man has reached half-way into his

that he seems willing for a tilt with Roosevelt is not short of amazing. Yet the story is verified that, if Roosevelt accounts to a seem of the seems willing for a tilt with existence, and we do time on a dreary for fear of seeing the death through treadmill. John D. undoubtedly has gleaned this bit of wisdom at last. Roosevelt accepts the nomination, it lie has discovered that accumulation will be to keep Sulzer out of it. is not all there is of life. Likely he It is said the American people love is willing to concede now that if he chronicled the death of eighten peraudacity in polities—If that is the had had a little more fun as he went sons in automobile accidents case. Billy stands an 18-carat chance along, and not quite so much stern by wounded and a score or more to be President of these United chasing of the dollar, he wouldn't badly hurt. Then there were deaths have had to make the fortune of sev- from drowning either of swimmers or eral doctors. He also would have had that inward glow that comes One simple conclusion that can be from letting go once in a while, drawn from a mere cursory reading whether as a child eating candy or ours in deadly fashion. There is no ours in deadly fashion. There is no

that there are men now walking the earth in personal liberty who should Mr. Rockefeller's admonition to parsimony-plus now will take heed of deaths in this country are more than The finest railroad property in the his advice to go out occasionally be-That tween the acts and romp.

> "The President proposes, but occasionally the Senate disposes," says the Washington Herald. When? willing to quit life

The value of advertising is appre-uted by the suffragists, who will again visit the capital

the crops in insulting the minority

Subscribe to the ice fund to-day.

Wayside Chats With

Old Virginia Editors Senate is wrestling with the House antitrust bills. These bills would prevent a repetition of the New Haven steal. They would make such bold bursteal. They would make such bold bursteal.

Speaking of banks, the Hanover

impossible some of the worst features of the piracy.

With the report of the Interstate Commerce Commission public in all its details, it will be surprising indeed if the last feeble objection to trust legislation now be not choked in the throats of the objectors. The directors of the New Hayen were directors of the New Hayen were

directors of the New Haven were criminally negligent; it is inconceivable that the United States Senate will be so, as it will be if it do not enact proper preventive legislation now.

Some of the newspapers of Virginia and Some of the newspapers of Virginia Constituents. Some of the newspapers of Virginia concerning trusts and monopoly which his friends cannot understand. Here are a few "keynotes" sounded at Pittsburgh recently, taken that if he was not, "he was badly off the sentiment of his Virginia constituents" when he said that they share his "admiration" for Tammany and its leaders.

Some of the newspapers of Virginia charges and the sundergone a change concerning trusts and monopoly which his friends cannot understand. Here are a few "keynotes" sounded at Pittsburgh recently, taken as a skeleton platform of the Progressive party (see Outlook, July 11, 1914):

"First, we cannot and do not want to destroy all corporations; we must have large units to do our work." "Second, we cannot make every man

this magazine should be in the hands istrative Board primary there is a he so strongly indorsed Murphy and

Another reason we are glad we live in grand old Virginia instead of in New york is that we do not have to choose between T. R. and the same old Bill for Governor.

Either True or Libelous.

President Davison, of the State Federation of Labor, has made definite charges of corruption on the part of magistrates of Virginia. He has called them by name and accused them of selling certificates enabling parents and children to violate the State child labor laws.

your eye to receive it, the wind to blow it and the dust to be blown into it. The dust is there because them into it. The dust is there because the Street Cleaning Department has not removed it. The Street Cleaning Department has not removed it in global partment has not removed it. It is inefficient because the Street Cleaning Department has not removed it in global partment has not removed it in global

THE PUBLIC PULSE

Editorial Expressions from Leading Newspapers.

"Overworked" Congressmen. Did anybody ever hear of a Congressman's refusing a renomination because he had been overworked? The World never did.

Some of the statesmen in Washing. who are bewailing the fate that keeps them in session after they had planned to adjourn may have forgoten that the average American has to work about twelve months in every If he adjourns, he goes hunvear.

It is no worse for Congress to have work than for the rest of have to work. Besides, the remedy is York | ple

Blue Mondays.

It is getting to be that many persons hardly dare look at the Mon-Yesterday morning the newspapers

while ten others were perhaps mortalof those who go down to rivers and lakes in boats without being foolproof. The French say that the English of the report of the Interstate Com-a Croesus chasing a golf ball across life is of more account than a few minutes saved by putting on extra extra We hope those good people who speed or the joy of seeing timid ones ever occurred in a modern battle. We have 10,000 homicides a year and sevtimes that many accidental leaths

It all means that we must take nore precautions. Unless we are willing to quit life cheerfully and to slay others with composure, and until the latter resign the latter resign themselves willingto their fate, it is incumbent on to take more precautions. Who to sacrifice his life for nothing? Who wants Yet very one of those mentioned who ent to their death on Sunday was every one of those killed with the joy of life and ought to have lived long and useful lives

turn next .- Philadelphia Inquirer.

be your

Voice of the People

To the Editor of The Times-Dispatch: Sir,—The rupture between Colonel Roosevelt and ex-President Taft staged, for the moment, a new political organization, with the Colonel as supremeleader.

With great tact, consummate skill and immense resources, Mr. Roosevelt waged a cruel campaign against his former friend and the great party former friend and the great party which had so highly honored him. He succeeded in defeating Judge Taft by dividing the Republican party and thereby electing a Democratic Presithereby electing a Democratic President, in the person of Mr. Woodrow Wilson.

Mr. Roosevelt, with a strong per-sonality and a peculiar backing of dis-satisfied voters, was able to gratify a deep-seated revenge against his po-litical enemies, which, from later de-velopments, seems to have been his controlling motives.

During the Roosevelt administration the writer was captivated, and trapped, in a measure, by the patriotic utter a measure, by the patriotic utter-ances on public questions of this ver-satile gentleman, who adopted new-fangled theories of government, in-cluding the catchy "initiative and referendum," which furnished plausible argument as a panacea for all our troubles at the birth of the new party,

The tone of Mr. Roosevelt's resigna-ion as an editor of the Outlook, and tion as an editor of the Outlook, and his Pittsburgh speech, are in marked contrast with the very able productions

of a few years ago.

Mr. Roosevelt has undergone a change concerning trusts and monop-

"Second, we cannot make every man compete with every other man; we cannot go back to 1850; still less to 1650.
"Third, we cannot destroy monopoly

The Colonel is evidently shaping his course for the presidency in 1916. He seems to like the association of for-The Irvington Citizen on more than one occasion has made statements where the control of the con

> The resignation of Mr. Roosevelt was very courteously accepted by Dr. Ly-man Abbott, and these significant lines appear in the last paragraph:

> appear in the last paragraph:
>
> "But history has abundantly demonstrated the truth that no man can be both the leader of a great political party and an editor of an independent journal. The demands of the political campaign and of the editorial office are inconsistent."
>
> The writer would rather praise Mr. Roosevelt as a great American than see his faults as a scheming ambitious

his faults as a scheming, ambitious politician. He regrets to see one of his countrymen, once the popular idol of the nation, become the victim of designing flatterers, who expect to gain Norfolk, Va., July 11, 1914.

Queries and Answers

chance against this is at least 100 at will. This invasion has created into 1, so great is the number of imitations of all the famous old violins.

As to the Confederation

Population.

What is the world's total population by rades?

White, 690,000,000; yellow and tion by rages? White, 690,000,000; yellow and rrown, 665,000,000; black, 150,000,000;

Rivers in Civilization. What river has been most significant in the development of the human race?

The members of our literary club dis agroe on the answer. MRS. N. O.

The members may well disagree. Are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel? This is exactly the sort of question that fits a literary club, but it may not be undertaken in the Query Column.

Gordinn Knot.

Please tell me what was the "Gor-ian knot." R. F. JAMES. Gordius, a King of Phrygia Major, had been elevated from the condition of a plowman. He placed in the tem-ple of Apollo his old harness, so tied up that it seemed safe to offer the mastery of the world to him who could until it. Alexander is represented to untie it. Alexander is represented to have made the attempt, and, then, to have cut the knot with his sword

Is it known what is the usual waste

of iron per acre on farm lands? Is it known what is the total amount of the gold now in the world? THOMAS WADE

An issue of the Mark Lane Express some years ago in London calculates the total waste of iron on English farms at about two pounds per acre per year. This would probably do as for America as any other calculation. The total amount of gold now in the world is estimated to be sufficient to form a pile about 24x24x20

Political. Please tell me the vote by which Stuart was defeated for Congress in the Ninth District.

Stuart, 16,731; Slemp, 16,958.

In Memory of Justice Lurton. (For The Times-Dispatch.) In the midst of joy and sorrow Grim death is on the wing.
And to-day and each to-morrow Calls the peasant, prince and king, For the brightest and the smallest Must go down to silent gloom, A grain of dusty matter,

And the judge, with all his honors And the glory of his name, Must leave his law and judgments. Like poor mortals all the same, But if truth has been his motto And love has been his aim.

Within the tongueless tomb!

He shall shine adown the ages
Through the templed aisles of fame JOHN Washington, D. C., July 13,

Dr. Brady's Health Talks

Should One Bathe in Hot Water!

From the hygienic standpoint, the recent dictum of the great English physician that people bathe too much nowadays, has much to corroborate it. To keep cool is a hygienic duty. And the bathing habit is of doubtfur utility for this purpose.

There is no denying that a modern bathroom has a cool, tempting look these torrid days. It does seem as though a cool shower bath or a plunge in the cool water would make one comfortable for the rest of the day. But does it?

What regulates body temperature? What regulates body temperature: The external environment—rair, water, clothing? No. The body temperature is regulated by the nervous system, and the nervous system reacts in penalty of the property of the

culiar ways to external impressions. For example, a cool or celd bath is stimulating to the nervous system. The touch of the cold water arouses the delicate nerve terminals it the skin, these flash a message to the heat-regulating centres in the medulla, and a hurry-up call goes out to the surface blood-vessels and to all the circulation. The result is a more according to the surface blood-vessels and to all the circulation. surface blood-vessels and to all the circulation. The result is a more active circulation and increased warmth. That is why a cold shower, like a sirink of liquor or a cigarette, simply

slrink of liquor or a cigarette, simply creates a desire for another.

The Scientific Solution.

On the other hand, one hardly craves a hot bath in warm weather. It leaves the body relaxed and limp and encourages profuse and continuous perspiration. Still, it is obvious that the human skin, hampered in its work of elimination by clothing, requires washing at more frequent intervals in summer than in winter.

The reasonable solution of the prob-The reasonable solution of the prob-lem is a matter of science. We should neither practice stimulation of an already overworked skin, nor should we further relax an already dripping membrane. The happy mean is the thirg. A tepid bath, at or about body warmth, taken as often as may be for cleanliness. This leaves one refreshed, yet not due for a reaction or an all-day soak. an all-day soak.

The reader may test this idea for himself by trying the suggestion for a day or two upon his face. Cold water brings a reactionary flush and warmth to the face; relaxed and perspiring; tepld water

ent in tobacco smoke. Practically there is no choice between brands, so far as effects upon the health are concerned.

to be operated on, but several of our family have died of heart disease, and I fear the anesthetic. Could it be done under cocain?

Dr. Brady will answer all questions Dr. Brady will answer all questions pertaining to health. If your question is of general interest it will be answered through these columns; if not it will be answered personally it stamped, addressed envelope is inclosed. Dr. Brady will not prescribe for individual cases or make diagnoses. Address all letters to Dr. William Brady, care of The Times-Disvasel

What Was News Fifty Years Ago

all Washington nor the Virginia Citizen nor any one else knows that Congressman Glass has meddled in the gressman Glass has meddled in the Ninth District. We have already challed in the Ninth District of the same of the congressman Glass has meddled in the Clevan Paoka Magginni, ly and almost without opposition many miles into the enemy's territory, destroying railroads and bridges, and stroying railroads and bridges, and

As to the Confederate raid into Mary-land and Pennsylvania, the latest news we have is through Northern papers, just received, and it is to the effect that a body of troops drawn up to oppose the Confederate advance was defeated and driven back in confusion When Northern papers admit this When Northern papers admit this much we may be sure that the victory was decisive and complete.

In front of Petersburg yesterday the usual shelling was kept up, but no serious damage resulted. Otherwise the situation was quiet.

The fights in the Maryland invasion, in which the Confederates were so successful, were at Monocacy and Frederick. General Lew Wallace was in command of the Federal forces.

A dispatch from Winchester says Harrisburg and Baltimore, that Harry Gilmore, with his command, is at Gun powder Bridge, and that Bradley John-son is operating at Annapolis Junction, between Baltimore and Washington.

Mosby has made another dashing raid, this time on Duffield's Depot, a station on the Baltimore and Ohio Railroad, six miles west of Harper's Ferry. The place, on Mosby's demand, surrendered unconditionally. Eighty prisoners, forty horses and numerous supplies were captured.

The heaviest bond ever given by public officer in Virginia went on record in the Hustings Court yesterday, when in the Hustings Court yesterday, when Henry K. Ellyson, Esq., executed his official bond, in the penalty of \$1,590,-000, for the faithful performance of his duties as sheriff of the city of Richmond. His sureties were Messrs a great de Charles Campbell, A. F. Harvey doors, brush blow through the King, Thomas J. Evans, John F. Regnault, Jackson B. Wood, William more fluffy. B. Jones, William A. Armistead, O. H. Chalkley and E. Gathright. The aggregate unincumbered wealth of the sureties was estimated at \$8,000,000.

An advertisement in a Washington paper reads as follows: "The personal estate of the rebel General Robert E. Lee, which was seized at Arlington and condemned by the United States Dis-trict Court, will be sold in this city on the 19th instant by the United State Marshal. The articles to be sold com-prise every description of household furniture, besides oil paintings, engravings and almost every variety of orna-ments, some of them very rare and valuable." A portion of General Fitz Lee's com-

mand engaged in a lively skirmish with part of Gregg's Cavalry Division ear Lee's Mill, in Prince George ounty, fourteen miles southeast of County, fourteen miles southeast of Petersburg, yesterday. Lee's men drove the Federal skirmishers in, and cap-tured thirty-three prisoners, including two commissioned officers, and thirty odd horses.

Jackson B. Wood and William H. Pleasants yesterday qualified in the Hustings Court as deputies to serve under Henry K. Ellyson, the new sheriff of Richmond,

PACKING UP

ONE OF THE DAY'S BEST CARTOONS.



From the New York World

About Gray Hair BY LILLIAN RUSSELL.

(Copyright, 1914, by Lillian Russell.) Although gray hair, of that beautiful silvery shade so seldom seen, is in many instances without the butter most attractive, especially when fram- being missed, although that may be out the dignity which silver white hair always bestows.

Now, unless premature grayness is be made from it. The milk and arrow-root alone constitute almost a cream as effects upon the health are concerned.

B. B. P. writes: I am a baseball
player, and the doctor tells me I have
a small inguinal hernia. He urges me

Herenitary, no one should be troubled
with fadding hair till fifty or after,
provided the hair is kept properly
groomed, shampooed regularly, and
the scalp given from five to ten minutes' massage every night.

Among the most common causes of early grayness, and also of falling hair, is dandruff, and before attemptdone under cocain?

Reply: The fact that others in your family had heart disease is of little or no consequence in estimating the condition of your heart. Yes, the operation can be done under a local anesthetic, is often performed under novocain.

Reply: The fact that others in your fing to restore the color, when this is moved. A pomade made of mixing one draw of precipitated sulphur, twenders of the performed under novocain. entirely disappeared. After this a lit-tle bay rum should be massaged into the scalp every other night for three or four weeks. This will restore the scalp to its original healthy condi-

Yellow vaseline, rubbed into the roots of the hair will often arrest grayness in the early stages. The vaseline should be applied three times a week and well massaged into the scalp, any superfluous grease being wiped off the hair after the massage with an old silk handkerchief. This process, though slow, is always ef-fective.

The public mind was happily affected yesterday by the news from Maryland, furnished by a Washington paper of the 10th instant. It seems that a Confederate force has advanced quietly and almost without opposition many miles into the enemy's terminal results.

Lillian Russell's Answers.

Mrs. W. J.: I am sorry I cannot give you an internal remedy for reducing flesh, but I do not believe in internal remedies for any beauty ill. They are specified as var; ing St. Vincent and Natal are much cheaper. In a tone of derision he speaks of "missionary arrowroot," supposed to be perfect since it was brought home by "immaculate missionaries" themselves, and almost without opposition many safe cures for obesity. If you will send me a steward flowers.

for the green soap. This article may be purchased at any drug store. It is a soft yellow paste and comes in jars. It is really soft soap. I am sorry I cannot give you the name of a brand through the column.

Lillian B.: There is nothing that will

Margaret: There is nothing prettier for a girl of your age than to wear your hair in a braid or braids down your back. Don't try to look older ing your hair in two braids, putting them around your head. This is a troops is between them around your head. girlish way of fixing the hair, and it is cool in the summer. A bow of ribbon fastened at the back is pretty. Or part your hair in the centre and let it hang down your back in one braid with a curl at the end. If you will dampen your hair with a little water, then do the ends up in kid scurlers, it will make a soft, natural looking curl. In the morning take the hair down, comb it out, and then curl it over your finger, making one curl. This will stay in curl at least two days.

and even rice and flour or potato hour, for it is purer. But cooked as above, it may much resemble the old-fashioned Irish moss blane mange.

Mrs. Beeton classes arrowroot-thick-ened milk as a beverage, and she gives recipes for arrowroot blane mange, baked pudding, sauce, clear sauce, souffle. The following is from her book, but Scotch cook books and some of our old cook books have recipes almost identical:

Arrowroot Sauce.—"One-half pint of girlish way of fixing the hair, and it

Louise: Blonde hair, in fact, hair of any shade, should not be washed of-tener than once every two weeks. Brush your hair at night and massage the scalp. A good airing will do it a great deal of good. Go out of doors, brush the hair, and let the air blow through the blow through it. The brushing will remove the dust and make your hair

Try It, Brothers. Two men were talking of the hard "Does your wife ever grieve because she threw over a wealthy man in order to marry you?" queried Hall. "Well, she started to once," was the

reply, "but I cured her of it without wish you would tell me how. said Hall. "I started right in grieving with her," replied the other, "and I grieved harder and longer than she did."—

"and I grieved

Man Going Back. Many Like Him. Blanc sat disconsolately in the moking-room while all the other guests at a ball were tangoing like

Lippincott's.

"Why, Blanc, what are you doing here? Why aren't you out on the floor tangoing, man?" his host asked. "I don't tango," Blanc answered

"You don't tango," Blanc answered.
"You don't tango?" Incredible! How
on earth is it that you don't tango?"
"Well," Blanc said sadly, "I'd-like
to tango, and I would tango, only the music puts me out and the girl gets in my way."-Tid Bits,

Arrowroot BY JANE EDDINGTON.

Boiling milk thickened with arrow root can be used to replace white sauce Questions and Answers.

Smoker asks: Is there any pipe to-bacco which contains less nicotine or does less harm to the system than ordinary brands?

Reply: Some tobaccos contain much larger quantities of nicotine than others. But there is good reason to doubt whether any nicotine is present in tobacco smoke. Practically there is present in tobacco smoke. Practically there is a some of the dainty summer soups may be stows.

most attractive, especially when frambacco when from a youthful looking face, most men added off the stove. This is the starchy thing which our grandmothers used a great dealess a thickening agent which gives an old appearance without the dignity which silver white hair always bestows. be used for making cream toast, and some of the dainty summer soups may be made from it. The milk and arrow-

> Arrowroot Beverage.-Wet a dessert spoonful of arrowroot with cold milk; pour over it one cup of boiling inlik, and then cook for five minutes. This is the foundation which may equal white sauce or he used just as it is fo. food. For a drink add one teaspoon of sugar, and you will have something that you can hardly distinguish from a soft custard, except by the color. It may be variously flavored, but is good as well as nourishing with no addi-tion but the sugar. It is an invalid food, but is good for any one.

> Arrowroot is more expensive than cornstarch by considerable. But, if used with milk to make an equivalent of white sauce, it is scarcely more expensive than butter, or at any 2 cents is an ample allowance for is needed for a cup of milk,

> In England, where it is much used, it has varied greatly in price, the most expensive, costing fi as much as the least. fifty-three times

> That popular English writer on chemistry, Meditleu Williams, says: 'To the chemis' arrowroot is starch in as pure a form as can be found in nature.' He speaks of the Bermuda as varying

health. Diet and exception of the learning safe cures for obesity. If you will send me a stamped, addressed envelope I shall gladly send you the dietary for reducing flesh, the rolling exercises for reducing the hips, and the Epsom salt solution. The Epsom salts on boiling in a given quantity of water the Bermuda produces a somewhat stiffer jelly. But he obtains additional tenacity by using a little additional tenacity by using a little additional tenacity by using a little more of the inexpensive, that costing 6 cents a pound, and says:

"Both are starch, and starch is neither more nor less than starch unless it be that the best Bermuda, sold at 75 cents a pound, is starch plus humbug. A good many years ago it used to be

25 or 36 cents a pound in America, was raised in South Carolina Florida Now It costs about 60 cents although one can get cheaper. It is said that the southern pine lands of Florida used to produce from 200 to than you are. Why don't you try parting your hair in the centre, bringing it back softly from the face and braid-

It is more than an equivalent of cornstarch, farina, Irish moss, gelatin, and even rice and flour or potato flour, for it is purer. But cooked as above,

Arrowroot Sauce .- "One-half pint of boiling water, one tablespoon of lemon hair of shed of-weeks. massage (granulated)sugar, or to taste, grated autmeg or ground cinnamon to flavor. Blend the arrowroot smoothly with a little cold water, pour over it the boiling water, stirring meanwhile, Turn into saucepan, add lemon juice, sugar, and a good pinch of nutmeg or cinnamon, and simmer for three four minutes. This sauce served with a variety of puddings and

the flavor varied by the addition of wine, fruit, syrup, etc."

For a clear arrowroot sauce she uses a cup of cider, or wine and water, or any fruit juice.

My Own Flower.

(For The Times-Dispatch.)
like a flower in radiance beaming,
Growing in its beauty all alone;

Fragrance giving, yet not dreaming
Of the good that it has done.
Yes, like a flower, God's messenger fair,
Fresh from the Garden of Love. You came, and I, for the first time, there Inhaled fragrance from above.

Upon my heart, which had sorely bled, I laid the sweet flower divine. It healed the bruises with its petals I love it-it is mine, it is min GEORGE WEST DIEHL.

No Help to General Business,
The 20-cent mileage rate for Congress will be retained, but it is small

comfort to the railroads, who will con-tinue to get only the regular 2-cent rate.—Philadelphia Inquirer.